

# NEW(S) HORIZON

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

MAY 2018

## WEEKLY/MONTHLY EVENTS

### COMMUNITY OUTREACH

AARP TAX PROGRAM  
FARMERS MARKET COUPONS  
FUEL ASSISTANCE  
HOME HEALTHCARE  
HESSCO LUNCH  
MEDICAL RIDES  
WELLBEING CHECKS  
VETERANS MEETINGS

### EXERCISE

CHAIR EXERCISE  
CHAIR VOLLEYBALL  
WALKING CLUB  
WII BOWLING  
YOGA  
ZUMBA

### HEALTH AND SAFETY

FLU CLINICS  
FOOT CARE  
NUTRITION  
NURSE VISITS  
MEDICAL RIDES  
MEDICARE PLANNING  
TRIAD  
WALPOLE VNA NURSING

### SOCIAL ACTIVITIES

BINGO  
BRIDGE  
CREATIVE CORNER  
KNITTING CLUB  
MAH JONGG  
SENIOR SINGING GROUP  
WRITING GROUP

### TRIPS

DAY OF BEAUTY  
STOP & SHOP  
ERRAND DAYS  
REGIONAL DAY EXCURSIONS

## WALPOLE DAY

Saturday, May 12th

11:00 - 3:00PM

Stone Field & Blackburn Hall area  
Visit our booth near our entrance!



*Parade, Live Music, Kidz Zone, Police, Fire and Army Vehicles, Food Court, Vendor Booths, Demonstrations, Displays and much more!*

## Welcome Janet Nye



Please join us in welcoming Janet Nye, our new Principal Clerk! Janet has been a volunteer with the department for well over a year and already knows the ins and outs of the COA. She will be with us 18 hours each week. Janet lives in East Walpole and says she has lived here in town "forever." She has fond memories of Bird Park. She attended Bird Elementary School and remembers her first grade teacher Mrs. Sullivan. She was a part of the class year that spent freshman year at East Junior High as there was no room at the High School for all the students. Janet was on the High School Baton Squad and can still turn a baton! Professionally, Janet worked many years as buyer in Mansfield and she enjoys working with people. Stop by, say hello to Janet and make her feel at home.

## Ageless Grace - Timeless Fitness for the Body and Mind

Based on your positive trial class feedback, Renee Tillinghast returns for Ageless Grace. This chair fitness and wellness program will now be offered on alternating Wednesdays beginning May 2<sup>nd</sup> at 9:45 AM. The fee is just \$4.00. Join us and nourish your mind-body connection.



*The mission of the Walpole Council on Aging is to promote social, recreational, and educational activities and provide advocacy and assistance to Walpole seniors and their families.*

Hours: Monday thru Friday 8:30—4:30

135 SCHOOL STREET, WALPOLE, MA 02081,

Telephone: 508-668-3330 Website: <http://www.walpole-ma.gov/council-on-aging>

## MAY TRIPS & EVENTS

| DATE              | EVENT   | DESCRIPTION   | TIME & LOCATION<br>(subject to change)            |
|-------------------|---|---|---|
| TUESDAY<br>5/1    | Memory Café                                   | Fun and welcoming event for individual with forgetfulness and their families  | 1:00—2:30<br>United Church                        |
| WEDNESDAY<br>5/2  | Ageless Grace<br>Chair Fitness                | Ageless Grace is a chair fitness and wellness program offered alternating Wednesdays.   | 9:45—10:45<br>COA                                 |
| THURSDAY<br>5/3   | Chickie Flynn's Lunch                         | Registration required, preference to those who didn't attend in February. \$2.50 pp.  | Van leaves COA<br>at 11:00AM                      |
| MONDAY<br>5/7     | Blood Pressure<br>Clinic                      | Meet with Leandra McLean, RN for a blood pressure check and quick health update.  | 9:30— 11:30<br>COA                                |
| MONDAY<br>5/7     | Dedham Square<br>Shop & Dine                  | Unique boutiques, a variety of eateries, an art deco movie theatre, coffee shops, and ice cream are all available in Dedham Square. | Van leaves COA<br>10:30AM— returning at<br>2:00PM |
| WEDNESDAY<br>5/9  | Gerry's Lunch                                 | Join us at Gerry's, Tri-County HS for lunch, dessert and coffee, \$9.95 per person.   | 11:00<br>Tri-County HS Franklin                   |
| WEDNESDAY<br>5/9  | Coffee with<br>Attorney J. DiPietro           | Attorney DiPietro brings some special guests to talk about gifting to grandchildren.  | 11:00—12:00<br>COA                                |
| THURSDAY<br>5/10  | Walpole Mall                                  | Visit the Walpole Mall: Kohl's, OfficeMax, Barnes & Noble, Old Navy, PetSmart, Jo-Ann Fabrics, and many more.                       | Van leaves COA<br>at 11:00AM                      |
| FRIDAY<br>5/11    | Leandra McLean, RN<br>Lunch and Learn         | "Stand Up for Yourself and Others". We will discuss advocacy and safety issues.   | 11:00<br>COA                                      |
| MONDAY<br>5/14    | Blood Pressure<br>Clinic                      | Meet with Leandra McLean, RN for a blood pressure check and quick health update.  | 9:30— 11:30<br>COA                                |
| MONDAY<br>5/14    | Walmart/Kohl's                                | Shopping trip to Walmart and Kohl's.  | Van leaves COA<br>11:00                           |
| TUESDAY<br>5/15   | Games with Middle<br>School Students          | Play games with middle school students. Refreshments will be served. There will be no transportation for seniors for this event.    | 3:30— 4:30<br>COA                                 |
| WEDNESDAY<br>5/16 | Day of Beauty                                 | Manicures, facials, hair color & cuts. Lunch at Gerry's if open. Registration required. Limit 6 participants.                       | 8:30—2:00<br>Van leaves COA at<br>8:30AM          |
| WEDNESDAY<br>5/16 | Ageless Grace<br>Chair Fitness                | Ageless Grace is a chair fitness and wellness program offered alternating Wednesdays.   | 9:45—10:45<br>COA                                 |
| WEDNESDAY<br>5/16 | TRIAD   | Norfolk County Sheriff's Department's monthly educational session.  | 11:00AM — 11:30<br>COA                            |
| WEDNESDAY<br>5/16 | MAY<br>Birthday Party                         | Is it your birthday this month? Celebrate your birthday with friends at the COA. Cake generously donated by Harrington House.       | 1:30<br>COA, Free                                 |
| THURSDAY<br>5/17  | Bingo Bonanza<br>Wright's Farm<br>Restaurant! | Prizes, gift cards, and more.<br>\$59.00 per person (with transportation) includes Family-style Chicken Dinner.                     | Departure Time TBD<br>Arrival Back to COA TBD     |
| THURSDAY<br>5/17  | Wheel of Fortune                              | Laurie Blake from Home Instead brings Wheel of Fortune to the Center.   | 1:00—2:00<br>COA                                  |

## MAY TRIPS & EVENTS

| DATE              | EVENT                            | DESCRIPTION   | TIME & LOCATION<br>(subject to change) |
|-------------------|----------------------------------|---|--|
| MONDAY<br>5/21    | Blood Pressure<br>Clinic         | Meet with Leandra McLean, RN for a blood pressure check and quick health update.                          | 9:30– 11:30<br>COA                     |
| MONDAY<br>5/21    | SAVERS                           | Our van goes to Savers in Norwood. What treasures might you find in this thrift shop?                     | Van leaves COA<br>11:00                |
| WEDNESDAY<br>5/23 | Creative Corner<br>Learn Spanish | Come have some fun learning some basic Spanish with Myrza Rodrigues– Fearnley. It's good brain exercise!  | 1:00—2:00<br>COA                       |
| THURSDAY<br>5/24  | NVHS Seniors<br>for Seniors      | Neponset Valley Humane Society shares their innovative and free Seniors for Seniors cat adoption program. | 11:00<br>COA                           |
| THURSDAY<br>5/24  | Walmart                          | Shopping trip to Walmart  | Van leaves COA<br>11:00                |
| THURSDAY<br>5/24  | COA Board Meeting                | COA Board Monthly Meeting in Town Hall  | 1:30—2:30<br>COA                       |
| WEDNESDAY<br>5/30 | Ageless Grace<br>Chair Fitness   | Ageless Grace is a chair fitness and wellness program offered alternating Wednesdays.                     | 9:45—10:45<br>COA                      |



### GOLF TOURNAMENT: MONDAY, MAY 14, 2018

Support The Walpole Co-Operative Bank South Street Center  
Tournament to be held at Walpole Country Club, 233 Baker Street, Walpole, MA 02081  
*Organized by The Friends of Walpole's Elders, a registered nonprofit 501 (c)(3) charitable organization*



### Prizes, gift cards, and more at Wright's Farm Restaurant!

Thursday, May 17, 2018, Harrisville, RI

\$59.00 per person (with transportation)

*Includes Family-style Chicken Dinner*

Coverall Prize \$100, Complimentary Bingo Cards. (bring daubers)





### Greater Boston Food Bank collaboration with the Walpole Food Pantry

The **Greater Boston Food Bank** collaboration with the **Walpole Food Pantry** is offered every other week on Mondays. Dates for May are May 7, 11:00AM and May 21, 11:00AM. The requirements of participation are household size information and a name, as we need to report the unique information to Greater Boston Food Bank.

We also offer a Walpole Food Pantry distribution weekly on Fridays around noontime, which is through their collaboration with COSTCO. Volunteers are always appreciated and there is a sign-up sheet at the front desk for those interested. Volunteers get to shop first.



## MAY 2018

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
|   | <b>1 SIGN UP DAY</b><br><b>AM Stop &amp; Shop</b><br><b>8:30AM</b> Bird Park Walking<br><b>10:00AM</b> Handcrafters<br><b>12:00PM</b> HESSCO lunch<br><b>1:30PM NO YOGA</b><br><b>4:00PM</b> A Musical Interlude | <b>2</b><br><b>9:45AM</b> Ageless Grace<br><b>11:00AM</b> Chair Volley<br><b>12:00PM</b> HESSCO lunch<br><b>12:30PM</b> Pokeno<br><b>2:00PM</b> Senior Moments                           | <b>3</b><br><b>8:30AM</b> Bird Park Walking<br><b>10:00AM</b> Handcrafters<br><b>10:30</b> YOGA<br><b>12:00PM</b> HESSCO lunch<br><b>1:15PM</b> Bridge                          | <b>4</b><br><b>9:00AM</b> Zumba<br><b>10:00AM</b> Wii Bowling<br><b>12:00PM</b> HESSCO lunch<br><b>12:30PM</b> Bingo<br>    |
| <b>14</b><br><b>WALMART/MALL</b><br><b>8:50AM</b> ZUMBA<br><b>10:00AM</b> Exercise Class<br><b>11:00AM</b> Chair Volley<br><b>12:00PM</b> HESSCO lunch<br><b>12:30PM</b> Dominos<br><b>1:30PM</b> Mah Jongg<br><b>2:00PM</b> Line Dance | <b>15</b><br><b>AM Stop &amp; Shop</b><br><b>8:30AM</b> Bird Park Walking<br><b>10:00AM</b> Handcrafters<br><b>12:00PM</b> HESSCO lunch<br><b>1:30PM</b> YOGA<br><b>4:00PM</b> A Musical Interlude               | <b>16</b><br><b>9:45AM</b> Ageless Grace<br><b>11:00AM</b> TRIAD<br><b>12:00PM</b> HESSCO lunch<br><b>12:30PM</b> Pokeno<br><b>1:30PM</b> Birthday Party<br><b>2:00PM</b> Senior Moments | <b>17 BINGO BONANZA TRIP</b><br><b>8:30AM</b> Bird Park Walking<br><b>10:30AM</b> Yoga<br><b>12:00PM</b> HESSCO lunch<br><b>1:00PM</b> Wheel of Fortune<br><b>1:15PM</b> Bridge | <b>18</b><br><b>9:00AM</b> Zumba<br><b>10:00AM</b> Wii Bowling<br><b>12:00PM</b> HESSCO lunch<br><b>12:30PM</b> Bingo<br> |
| <b>28</b><br><b>MEMORIAL DAY</b><br><br><b>CENTER CLOSED</b>   | <b>29</b><br><b>AM Stop &amp; Shop</b><br><b>8:30AM</b> Bird Park Walking<br><b>10:00AM</b> Handcrafters<br><b>12:00PM</b> HESSCO lunch<br><b>1:30PM NO YOGA</b><br><b>4:00PM</b> A Musical Interlude            | <b>30</b><br><b>9:45AM</b> Ageless Grace<br><b>11:00AM</b> Chair Volley<br><b>12:00PM</b> HESSCO lunch<br><b>12:30PM</b> Pokeno<br><b>2:00PM</b> Senior Moments                          | <b>31</b><br><b>8:30AM</b> Bird Park Walking<br><b>10:30AM</b> NO YOGA<br><b>12:00PM</b> HESSCO lunch<br><b>1:15PM</b> Bridge   | <b>**HESSCO lunch is provided daily for a \$3 donation. Call 781-784-4944 24 hrs. in advance for reservations or cancellations</b><br><br><b>ALL PROGRAMS ARE 1 HOUR LONG UNLESS OTHERWISE NOTED</b>           |




Please **sign up** for **ALL** trips and events you would like to attend.

**IN-PERSON** and **PHONE** registration begin **Tuesday, May 1st at 8:30AM.**

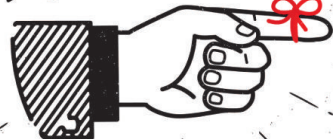
*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*



## MAY 2018

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
| <b>7 DEDHAM SQAURE TRIP</b><br><b>8:50AM ZUMBA</b><br><b>10:00AM</b><br>Exercise Class<br><b>12:00PM</b><br>HESSCO lunch<br><b>12:30PM</b> Dominos<br><b>1:30PM</b> Mah Jongg<br><b>2:00PM</b> Line Dance   | <b>8 AM Stop &amp; Shop</b><br><b>8:30 AM</b> Bird Park Walking<br><b>10:00AM</b><br>Handcrafters<br><b>12:00PM</b><br>HESSCO lunch<br><b>1:30PM</b> YOGA<br><b>4:00PM</b> A Musical Interlude           | <b>9</b><br><b>10:00AM</b><br>Exercise Class<br><b>11:00AM</b><br>Coffee Q&A<br><b>12:00PM</b><br>HESSCO lunch<br><b>12:00PM</b> Pokeno<br><b>2:00PM</b> Senior Moments                            | <b>10 WALPOLE MALL</b><br><b>8:30AM</b> Bird Park Walking<br><b>10:00AM</b><br>Handcrafters<br><b>10:30</b> YOGA<br><b>12:00PM</b><br>HESSCO lunch<br><b>1:15PM</b> Bridge<br><b>1:30M</b> Writing Club @ Library | <b>11</b><br><b>9:00AM</b> Zumba<br><b>10:00AM</b><br>Wii Bowling<br><b>12:00PM</b><br>HESSCO lunch<br><b>12:30PM</b> Bingo<br>   |
| <b>21 SAVERS</b><br><b>8:50AM ZUMBA</b><br><b>10:00AM</b><br>Exercise Class<br><b>12:00PM</b><br>HESSCO lunch<br><b>12:30PM</b> Dominos<br><b>1:30PM</b> Mah Jongg<br><b>2:00PM</b> Line Dance<br> | <b>22</b><br><b>AM Stop &amp; Shop</b><br><b>8:30AM</b> Bird Park Walking<br><b>10:00AM</b><br>Handcrafters<br><b>12:00PM</b><br>HESSCO lunch<br><b>1:30PM</b> YOGA<br><b>4:00PM</b> A Musical Interlude | <b>23</b><br><b>10:00AM</b><br>Exercise Class<br><b>11:00AM</b><br>Chair Volley<br><b>12:00PM</b><br>HESSCO lunch<br><b>1:00PM</b> Creative Corner - Learn Spanish<br><b>2:00PM</b> Senior Moments | <b>24 WALMART</b><br><b>8:30AM</b> Bird Park Walking<br><b>10:00AM</b><br>Handcrafters<br><b>10:30</b> YOGA<br><b>12:00PM</b><br>HESSCO lunch<br><b>1:15PM</b> Bridge<br><b>1:30M</b> Writing Club @ Library      | <b>25</b><br><b>9:00AM</b> Zumba<br><b>10:00AM</b><br>Wii Bowling<br><b>12:00PM</b><br>HESSCO lunch<br><b>12:30PM</b> Bingo<br> |

### Reminder



For the safety of our clients and to maintain building security, please be reminded that  
The Walpole Council on Aging building hours are  
**Monday thru Friday 8:30AM - 4:30PM.**



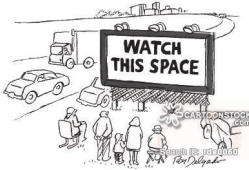
## FROM THE DIRECTOR

As I write this, I am hopeful that winter has finally released her grasp on the Northeast and the days are sun-filled as we round through spring and into summer. Please join me in welcoming Janet Nye, our new Principal Clerk. Janet comes to us with a wealth of experience and we know Janet will be a wonderful positive addition to our team. She is an excellent resource not just to our team, but also to you. Be sure to try Ageless Grace, our new fitness and wellness program in collaboration with the Hockomock YMCA, offered on alternating Wednesdays at 9:45AM.

Please join me for a **Director Coffee** with refreshments on **Thursday, May 10th at 10:00AM**. This is a great opportunity to find out about the Walpole Cooperative Bank South Street Center progress or for conversation about the COA.

***Kerri McManama, Director Walpole Council on Aging***

## CAROL'S CORNER



Carol will soon again share her creative writing with our community. Watch this space for her June musings. She is also working to plan and execute some fun and interesting trips for our vans. What should we call these playful programs? Cruising with Carol? Young at Heart Road Trips? Her first trip plan is Dedham Square on Monday May 7th. Carol invites you to join her to explore the square with some Enjoy shopping, strolling or lunch with your COA friends.



**"The Handcrafters"** group formerly know as the Knitting Group, has expanded its mission to include a variety of hand crafted items including knitting, crocheting, arts and crafts. We will continue our work for the West Roxbury VA Hospital and for adults and children whom they serve. Thank you everyone who has donated yarn these past ten years. Now, as we work towards our usual delivery date, in early December, we ask you to continue your yarn donations.

Dolores Efthim on behalf of **"The Handcrafters"**

## A NOTE FROM YOUR OUTREACH WORKER!

Welcome Spring. Time to walk, smell the flowers and look forward to warmer weather along with Walpole Day. Happy Mother's Day to all our senior Mom's. What a blessing they are.

Please be reminded to call me at 508-660-7362 to schedule your Medical Rides (Wednesday & Thursday, 10:00AM-12:00PM) or Shine (Tuesday) appointments.



***Laurel St. Pierre, Outreach Worker Office Hours: Monday-Thursday, 9:00AM-3:00PM***

# NEW(S)HORIZON

Walpole Council on Aging  
Town Hall, 135 School Street  
Walpole, MA 02081  
Telephone: (508) 668-3330  
Fax: (508) 660-7363

Kerri McManama, Director, COA  
Laurel St. Pierre, Outreach  
Christine Tetreault, Advocate  
Jane Wulk, Van Driver  
Carol Fellini, Van Driver  
Jim Hinds, Van Driver  
Richard McCarthy, Chairman, COA Board

This Newsletter is made possible,  
in part, by a grant from the  
Massachusetts Executive  
Office of Elder Affairs and through the  
generous support of the  
Friends of Walpole's Elders, Inc.



*Friends of Walpole's  
Elders, Inc.  
P.O. Box 186  
East Walpole, MA 02032*

Non-Profit  
US Postage  
**PAID**  
Framingham, MA  
Permit #179



## WALPOLE COUNCIL ON AGING PROFESSIONAL SERVICES

**HESSCO Meal Site:** (508) 668-3423,  
lunch provided daily at COA for a \$3.00  
donation. Call for reservations or  
cancellations, 781-784-4944 at least 24  
hours in advance.

**Public Health Nurse:** blood  
pressure screenings and health  
information two Monday mornings a  
month at 9:30AM (times subject to  
change).

**Legal Services:** 2nd Wednesday of  
the month, 11:00AM—12:00PM Free

**Foot Care:** Mondays by appointment  
only, 9:00AM—2:00PM, Cost is \$20. Call  
(508) 668-3330.

## HELPFUL NUMBERS TO REMEMBER:

**NORFOLK COUNTY "ARE YOU OK?"  
(866) 900-RUOK (7865)**

Receive a call daily to make sure you are up and OK!

**POLICE (Non-emergency) 668-1212  
FIRE DEPARTMENT (Non-emergency) 668-0260**